

CHAMBERSBURG

"WE CARE"

July 2023 Newsletter



Chambersburg Meals on Wheels

Chambersburg Meals on Wheels prepares and delivers hot noon-time meals weekdays to elderly and homebound residents of Chambersburg and surrounding communities. In our 55th year, our service area has expanded to an approximately 70-square mile region centered roughly on Chambersburg. Our goal is to provide our clients with nutritious food at a very low cost, with client receipts covering about half the cost and community donations covering the other half. In 2021, our volunteers delivered more than 27,700 meals to over 280 clients; this year we exceeded that total.

Our History (Continues)

In the last three newsletters, I wrote about the incremental steps that were taken to get the Chambersburg Meals on Wheels program off the ground. In this issue I'd like to explore the ups and downs of 1969, the first year in actual operation. Shortly after the program started, Cipola Catering, who initially provided meals for the program, went out of business. Two other restaurants, Henry's and the Pioneer, were both capable of providing meals; ultimately the Pioneer Restaurant was selected, and they began providing meals.

By the end of May, MOW was serving 14 clients and had an additional 13 referrals. There were 25 volunteers delivering meals and an additional 35 substitutes. The committee started keeping track of the hours spent delivering meals and the total miles travelled. However, both of these were dropped in June as they became a bookkeeping nightmare.

After a number of problems arose with the services being provided by the Pioneer Restaurant, First Lutheran Church offered their kitchen for use free for one year. A new director, Doris McIntosh, was hired to start the beginning of June; her first task was to hire a part-time cook, to prepare meals in the church kitchen. Mary Norcross was selected for this position.

A Message from Our President

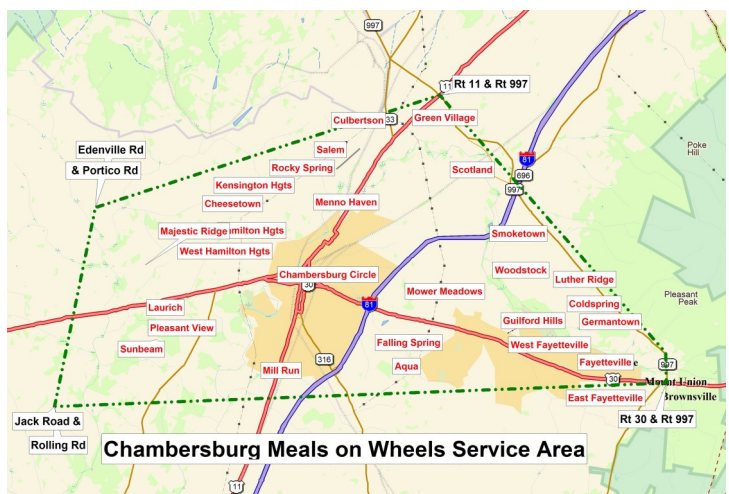
What better way to step into the Summer Newsletter than to feature a picture of the Chambersburg Aquatic Center.

Last quarter I discussed the concerns our Executive Committee had with our potentially dire financial outlook for 2023. We discussed several options: continue operations as usual, cut back on higher-priced foods, or raise the price of meals. Although over 100 food items that we use on a regular basis had increased, we decided to stay the course. Melissa, our head cook, has managed the kitchen very well, and we have had slightly higher than expected donations for the first quarter. So, it appears that the strategy is working. However, the number of clients/meals we serve has gone down significantly. We are currently averaging 105 meals per day; ideally, we should be serving 120 meals each day to maintain a balanced budget. In an effort to increase our client base, we have placed advertising display containers in over 25 churches, businesses and organizational halls.



On page 4 there is a transcription of a letter that we received from Bob Harrison, one of our long-term clients. I spoke with Bob on the phone to let him know that we appreciated his letter and would be implementing some of his ideas in the near future. One of his suggestions was to reach out to local organizations and churches for donations. I told him that we had spoken to a variety of organizations in the past, but, during the COVID pandemic, I was unable to reach out and speak with local organizations about supporting us. However, I am happy to report that this past May I gave a well-received presentation about Chambersburg Meals on Wheels at the monthly meeting of the Chambersburg Lions Club. I have also scheduled two additional presentations in August and September.

Our service area covers the Borough of Chambersburg, some adjacent neighborhoods, and much of the town of Fayetteville.



In our 55th year serving the community

Chambersburg Meals on Wheels

43 West Washington Street, Chambersburg, PA 17201

717-263-7228 Email: cburg.mow@gmail.com

Website: www.chburgmow.org

Chambersburg Meals on Wheels promotes healthy, independent living through home delivery of nutritious meals.

The Board of Directors

Neil Brown, Gary Dickinson, Craig Fisher, Bernie Goldberg, Terry Guberman, Linda Jent, Alice Moyer, Drew McCarriar, Neil Ober, Jane Peterson, Brenda Sciamanna, Donna Snyder

New Milk Supplier

In March 2023, our long-time milk supplier, Harrisburg Dairy, announced new policies that precluded us from continuing to use their service. After some research we discovered Ritchey's Dairy in Martinsburg, PA and brought them on as our milk supplier in early April. They are a pleasure to work with and we hope you enjoy their milk.

All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz

A Typical Menu From our Rotating 25-day Meal Plan

MONDAY
SALISBURY STEAK
Mashed Potatoes
Glazed Carrots
Fruit Cup
Diabetic Pudding
Bread/Butter
8oz Whole Milk



NOTE: We normally prepare our meals without salt for 110 – 120 clients. This recipe has been scaled down to serve two people. However, it can be cut in half for a single serving.

Salisbury Steak

- 8 oz ground beef
- 4 tsp onion
- Salt/Pepper to taste
- 2 Tbsp vegetable oil
- Small jar of beef gravy

Mix all ingredients (except gravy)
Form into two 4oz patties and brown them on both sides in a skillet with two tablespoons of oil.
After they are browned, cover with gravy and cook until the internal temperature is 165 degrees.

Mashed Potatoes

NOTE: we use large bags of Idahoan Buttery Homestyle Mashed Potatoes. This brand can be found at your local grocery in 4 oz packages. For two servings, you only need to use 2 oz of the potatoes unless you want extra.

- 2 oz instant mashed potatoes
- ¾ cup of water
- ¼ cup of whole milk
- 1 Tbsp butter

Bring water, milk and butter to a boil.
Turn off heat and add the potato flakes.
Stir well and let rest for 3 minutes before serving.

Glazed Carrots

- 1 Small can sliced carrots
- 1 Tbsp Brown Sugar
- 1 Tbsp Butter
- 1 Tbsp Water

Place all ingredients in a small sauce pan and stir until heated thoroughly.



ENJOY—Courtesy of Melissa!!

Our Mission

Meals on Wheels is great for homebound elderly, infirm or convalescent persons in Chambersburg and nearby communities.

- Providing a hot, nutritious, and tasty weekday, noon-time meal
- Allowing choice of how many meals per week and which days
- Accommodating dietary restrictions (diabetic and others)
- Permitting payment for client meals by a relative or others
- Charging just \$3.40 per meal – many qualify for a lower rate
- Accepting food stamps
- Sending monthly bills for meals from the preceding month

If you know anyone who doesn't have Meals on Wheels but should, please help that person make the connection and get started today by calling 717-263-7228 or visit www.chburgmow.org.

Supplemental Nutrition Assistance Program (SNAP)

Did you know that you can use Food Stamps (SNAP benefits) to pay for your Meals-on-Wheels deliveries? Qualifying individuals can use their SNAP EBT card to play their monthly bills. For details, ask your delivery person or call us at 717-263-7228

Emergency Meals

When we are unable to deliver hot meals, clients are provided with a free shelf-stable emergency meal. It includes a microwavable entrée, dessert, snack and a drink. We provide that meal over the winter months in anticipation of hazardous weather. During this winter season in 2023, we provided 4 emergency meals per client. A new emergency meal will be provided in late October 2023



Meet our volunteers Tom and Deb Jacobs



“Hello neighbor” and for this writer that’s exactly who Tom and Deb Jacobs are. When I found out that after 40 plus years they were retiring from TB Woods where they met and fell in love, I approached them to volunteer for Meals on

Wheels. To my surprise they were already volunteering with a delivery route to Fayetteville and a drop off on Route 11. But their love for volunteering doesn’t stop with MOW. Helping with Church dinners and packing 150 Power Packs for students to have lunches on weekends while not in school is another commitment for Deb.

The only slow pace this couple has is when they walk their dog Sadie who is 15. Years ago, when Whitetail Resort had a job fair, Tom and Deb decided to check it out and both got part-time jobs which included the benefit of skiing in their off time. Add trips to Colorado, Montana and Vermont to their love for the sport. Tom said that after sitting behind a desk as an industrial engineer for years, he was ready for the outdoors, so they bought an RV and traveled the East Coast from Upstate NY to Florida taking along their golf clubs, bikes and kayaks. Being in an RV on the road has been an experience for them, with floods and tropical storms only adding to their adventure. At some point they may dust off their sailboat, and Tom may eventually fix his 1972 MG.

Our best wishes for their next adventure and our thanks to another couple for their commitment to MOW.

One of Mr. Bob Harrison’s recommendations (see articles on this page and page 4) was for our volunteers to have some form of identification that would indicate their association with Chambersburg Meals on Wheels.



After evaluating a number of pins, badges, and other forms of identification, we decided on individual badges with lanyards as shown in this picture. We will soon begin giving them to our volunteers.

AND



OUR MEALS ON WHEELS CLIENTS

Client Robert Harrison Has Helped Us Improve

Robert “Bob” Harrison, 96, has been receiving his Meals on Wheels for about a year. He is a very enthusiastic supporter of the program and even offers suggestions for improvement.

He refers to the delivery volunteers as “Wheelers”.



Bob was born in Chambersburg in 1927 and has lived and worked in Chambersburg and other Pennsylvania towns all his life. A graduate of Gettysburg College, he enjoyed writing and wrote a weekly column for the *Public Opinion* newspaper. After college he worked for General Foods as a Retail Sales

Representative. Additionally, he wrote copy for local radio stations. Then he started a radio station in Bedford, PA, with a colleague. After 9 years, it was so successful that he was invited to start another one in Everett, Pennsylvania. But he missed living in Chambersburg and returned here to raise his family. He was a Marketing Manager for F&M Trust for many years.

His late wife, Ruth, taught French in Chambersburg High School. She also loved ballet and classical dance. They had two girls, Sue, now living nearby and Emily who lives in Massachusetts. Bob and his wife travelled abroad extensively, representing the Rotary Club and taking groups of young people along. His interests include history and coin collecting.

Mr. Harrison is a REALLY enthusiastic Meals on Wheels client. He enjoys their meals 7 days a week, doubling up on Thursday and Friday and saving those two extra meals for Saturday and Sunday. He declares them to be “good.” His favorites are spaghetti, chili and a grilled cheese sandwich. He is also a fan of the cherry pie for dessert, which he tops with ice cream.

Bob says “Wheelers” are the greatest. He gets up in the morning with an anticipation of the volunteer bringing his meal. At age 96, his mind is still sharp and agile. We are proud to have him as a Meals on Wheels client.

Neil Ober, Volunteer “Wheeler”

Who Suffers from Food Insecurity?

You may know someone who suffers from food insecurity. It is quite common among the elderly and people who live alone or are homebound. Many times, they are unable to shop or cook for themselves and are deprived of a daily nutritious hot meal. All too often this group doesn’t have local family, friends or neighbors who are aware of their situation. Even if they are aware, they may not know how to help.

Meals on Wheels supports homebound and food insecure people every day. We cook and deliver a daily noontime, hot meal five days a week to people who cannot fend for themselves.

Upcoming Events—3rd Quarter 2023

- 07/04 Independence Day (No meals delivered)
09/04 Labor Day (No meals delivered)
09/10 Grandparents Day
09/11 9/11 Remembrance
09/16 Jewish Holiday Rosh Hashanah
09/29 Chambersburg Meals on Wheels 56th Anniversary

How Can You Help our Seniors?

Meals on Wheels President and CEO Ellie Hollander said in a recent Good Morning America interview that there are three ways you can help our seniors:

First, donations to a local program. "A little goes a long way. This is when individuals can be heroes too," she said.

Second, offer to volunteer. "It doesn't mean that you need to be delivering meals, it can be skilled volunteering. Making phone calls or writing cards to let seniors know that someone's thinking of them. That made a big difference during the pandemic."

Third, advocate. "Particularly with federal funding not keeping pace with need and the gap growing further between those in need and not being served it's very important for people to step up and advocate for more funding for this critically important 50-year proven program."

"the best fact that says it all: we can provide a senior with Meals on Wheels for an entire year for the same cost as being in the hospital for one day or a nursing home for 10."

Bob Harrison Letter

We recently received a letter from Bob Harrison, a valued client.

From the Idea Man:

- 1. Your quarterly Newsletter is a fine idea and well done. Congratulations and thanks!
2. I was astounded by the resignations and retirements of the Chambersburg Meals on Wheels staff. They will be missed.
3. I think it is time to raise the price per meal by \$1.00 to \$4.40 per meal. There will be 'screams' but I'm sure it is necessary.
4. Have a once a year meal for all of the volunteers and award a lapel pin displaying your MOW insignia. People will ask what it means—good publicity.
5. Put a program together to present at local clubs for donations.

Thanks—96 year old—Bob Harrison, Jr.

Bob gave us some wonderful feedback. Our staff does occasionally turn-over and they will be missed. We work extremely hard to ensure our meals remain affordable—we haven't raised the client price in almost 8 years and have no plans to increase in the foreseeable future. Our goal is to increase the clients we serve. We are planning to host a volunteer luncheon during National Volunteer Week, April 14-20th. All volunteers will soon receive name badges and we currently present Chambersburg Meals on Wheels at meetings, gatherings and luncheons. Most recently our president gave a presentation to the Chambersburg Evening Lions Club.

If interested, please contact us at 717-263-7228.

Where Your Donations are Going

Chambersburg Meals on Wheels accepts no public funds because Federal and/or State money comes with regulations and bureaucratic reporting that often make it more difficult to support our clients. We rely on our generous patrons to support our fiscal needs. We believe that no one should be food insecure.

Because of your support, we have not increased our client meal costs in almost 8 years. No one spends more than \$3.40 for a nutritious hot meal. We also provide a free meal to all clients on their birthday, and all clients are provided with emergency meals at no cost, which can be used during inclement weather when our kitchen is closed. We often provide clients free meals throughout the year. You can help fund a day of free meals to our clients. Visit www.chburgmow.org or call 717-263-7228!

Chambersburg Meals on Wheels only has four paid employees, a cook, assistant cook, kitchen helper, and a client coordinator. We spend your contributions supporting clients — not on expensive salaries. We support over 120 clients each day, most are senior citizens and over 80 years old!

Gift Hot meals to your Grandparents!

This year, give the gift of Meals on Wheels on Grandparents Day-September 10th. Add cash to your Grandparent's account to cover their cost of meals. Adding \$25 or \$50 or more to cover meal costs is very easy. We'll add cash to their account and send a Grandparent's Card telling them about your generous donation. Visit www.chburgmow.org or call 717-263-7228 to gift Meals on Wheels.



Meals on Wheels—the perfect Grandparent's gift!

Gift to your Grandparents

Don't Be Fooled or Misled

Many organizations may contact you from time-to-time requesting a charitable donation. Many of our clients and donors have letters personalized with their names and addresses. This may cause some to believe that contributing to these other charitable organizations will benefit us in the Chambersburg area. This is a False impression.

Please be aware that Chambersburg Meals on Wheels receives no Federal or State funding, nor do we receive monies from other national organizations.

Should you want to donate to us, please address and send to Chambersburg Meals on Wheels, 43 West Washington Street, Chambersburg, PA 17201. Remember you can also use a credit card at www.chburgmow.org. All contributions come directly to us.

Chambersburg Evening Lions Club



On May 22nd, our president spoke to the Chambersburg Evening Lions Club and was presented with a donation from King Lion, Joel Leckron. Thanks so much for helping us to continue providing low-cost meals to our clients.

Please Donate

Your time and/or money to allow us to continue serving the food insecure in our area!



Go to www.chburgmow.org or Call 717-263-7228 to contribute

Donate your Time by volunteering—Call 717-263-7228

- Delivery
Meal Preparation